

OCTOBER

2026



TO ORDER A MEAL, CALL 309-788-6335 24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	THERE COULD BE SLIGHT VARIATION IN THE MENU		1 ROAST BEEF MAC & CHEESE GREEN BEANS DINNER ROLL PUDDING CUP MILK & CRANBERRY	2 CHICKEN SALAD ON A CROISSANT V-8 JUICE CHIPS COOKIE MILK & APPLE JUICE
5 SMOTHERED CHICKEN BAKED SWEET POT LIMA BEANS WHOLE WHEAT BREAD COOKIE MILK & ORANGE JUICE	6 BAKED TILAPIA MIXED VEGGIES WHOLE WHEAT BREAD COTTAGE CHEESE MILK APPLE JUICE	7 BBQ PORK ON A BUN BAKED BEANS TROPICAL FRUIT MILK GRAPE JUICE	8 SPAGHETTI AND MEATSAUCE GREEN BEANS DINNER ROLL PUDDING CUP MILK & CRANBERRY	9 TUNA SALAD ON A CROISSANT V-8 JUICE CHIPS COOKIE MILK & APPLE JUICE
12 HAMLOAF AU GRATIN POTATOES GREEN BEANS WHOLE WHEAT BREAD DANISH MILK & ORANGE JUICE	13 CHICKEN MARSALA STEAMED CABBAGE WHOLE WHEAT BREAD FRESH PEAR MILK APPLE JUICE	14 CATFISH GARLIC MASHED POT WHOLE WHEAT BREAD COLESLAW MILK GRAPE JUICE	15 BEEF NOODLE CASSEROLE SUNSHINE CARROTS DINNER ROLL PUDDING CUP MILK & CRANBERRY	16 EGG SALAD ON A CROISSANT V-8 JUICE CHIPS COOKIE MILK & APPLE JUICE
19 SWEET & SOUR CHICKEN RICE DINNER ROLL APPLE MILK ORANGE JUICE	20 MEATLOAF MASHED POTATOES CORN WHOLE WHEAT BREAD ORANGE MILK & APPLE JUICE	21 HAMBURGER ON A BUN KETCHUP/MUSTARD BAKED BEANS DICED WATERMELON MILK GRAPE JUICE	22 BBQ CHICKEN MAC & CHEESE COUNTRY TRIO BLEND DINNER ROLL DANISH MILK & CRANBERRY	23 CHICKEN SALAD ON A CROISSANT V-8 JUICE CHIPS COOKIE MILK & APPLE JUICE
26 ROAST BEEF MASHED POTATOES CORN DINNER ROLL PUDDING CUP MILK & ORANGE JUICE	27 HOT DOG ON A BUN AU GRATIN POTATOES COTTAGE CHEESE MILK & APPLE JUICE	28 SWEDISH MEATBALLS RICE CARROTS WHOLE WHEAT BREAD ORANGE MILK & GRAPE JUICE	29 BEEF MACARONI CASSEROLE PEAS DINNER ROLL FRUIT COCKTAIL MILK & CRANBERRY	30 HAM SALAD ON A CROISSANT V-8 JUICE CHIPS COOKIE MILK & APPLE JUICE

SUGGESTED DONATION: CONGREGATE MEALS \$4.00 & HOME DELIVERED MEALS \$5.00

PARTICIPANTS WILL NOT BE DENIED IF THEY CANNOT OR WILL NOT CONTRIBUTE TO THE COST OF THE MEAL



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Dates to Remember

BREAKFAST AT THE SENIOR CENTER

MON & WED

7:30AM-9:30AM

10/7/26-CRAFTING W/KAYE

12PM-1PM

10/12/26-VIRTUAL BINGO W/EMMA

2PM-3PM

10/14/26-BINGO W/KAYE

12PM-1PM

10/15/26-BINGO W/ACADIA

12PM-1PM

10/16/26-BINGO W/OAKSTREET

12PM-1PM

10/19/26-BINGO W/AETNA

12PM-3PM

10/21/26-PAINTING W/EMMA

12PM-3PM

10/22/26-VIRTUAL BINGO W/EMMA

2PM-3PM

10/26/26-BINGO W/ALLURE

12PM-1PM

10/28/26-TRIVIA W/MICHELLE

12PM-1PM

10/30/26-BINGO

W/HELP AT HOME

12PM-1PM

10/30/26 - MONTHLY

BIRTHDAY PARTY

11 AM-1PM

**RICO RURAL PUBLIC
TRANSIT**



MONDAY-FRIDAY

CALL TO SCHEDULE A RIDE

309-788-6335

800-788-6308

Available Programs

- **Benefit Access/Seniors Ride Free - Reduced License Plate Sticker Renewal and/or free bus pass**
- **SHIP Counseling - Medicare/Medicaid guidance**
- **Extra Help - Reducing drug costs**
- **Medicare Savings Program - Helps cover Medicare Part B costs**
- **Medicare Open Enrollment-October 15th thru December 7th**
- **LIHEAP - Utility Assistance**
- **ADRD-Help for caregivers of loved ones with dementia**
- **Caregiver Support, including services for grandparents raising grandchildren**
- **TCARE - Assessment Tool to connect caregivers to services of support, education, and assistance**
- **Social Isolation program**
- **A Matter of Balance Classes**
- **Fans available for those who haven't received one in the past three years**
- **Nutrition Program - Home Delivered Meals and Congregate Meals**
- **Senior Transportation Rock Island and Mercer County**
- **GO RICO Rural Public Transportation in rural Rock Island County**

Call 309-788-6335
to schedule an appointment or
to inquire about services

Thank you for your continued support and your donations! Every donation the Senior Center receives help fund the programs and helps supply more meals and services to the community!

The Rock Island County Senior Center policy states that all persons 60 and over can be served with no regard to duration of residency or citizenship. The Rock Island County Senior Center does not discriminate in admission to or treatment of employment programs or activities in compliance with the Illinois Human Rights Act; The U.S. Civil Rights Act Section 504 of the rehabilitation act; the age discrimination act; the age discrimination in employment act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging, for information, call 1-800-252-8966 (voice and TDD), or contact the program manager at WIAAA, 1-800-322-1051. Clients will not be denied service if the cannot or will not contribute a donation. Senior Services funding provided by Western Illinois Area Agency on Aging.